

LAVENDER



Lavandula vera (best for eating) (also *Lavandula officinalis*); *Lavandula angustifolia*; [lav-AN-dew-lah an-gus-tee-FOH-lee-uh]
L. stoechas (Spanish lavender); *L. x intermedia* (lavandin); *L. latifolia* (spike lavender); *L. multifida* (fern-leaf lavender); *L. dentata* (French)

Family: Lamiaceae (mint family)

Names: Lavendel, Hunlavendel (Danish); Lavendel, Spijklavendel (Dutch); Lavendo (Esperanto); Tähklavendel (Estonian); Ostukhudus (Farsi); Tupsupäälaventeli (Finnish); Lavand (French); Lus-na-tùise (Gaelic); Lavendel, Lawendel (German); Levendula (Hungarian); Lofnarblóm (Icelandic); Lavanda (Italian); Lavendel (Norwegian); Lawenda waskolistna, Lawenda prawdziwa (Polish); Lavanda (Russian); Lavendel (Swedish); Lavanta (Turkish)

Description: a perennial plant with narrow gray green leaves and long spikes with purple flowers (sometimes white or pinkish). The fragrant leaves and flowers can be used fresh in

salads and fruit dishes, or added to cooked sauces, candies and baked goods. When dried they are used in jellies. Lavender is grown primarily for the oil in its flowers, which is widely used as a fragrance in perfumes and cosmetic products and to flavor beverages and baked goods.

There are dozens, if not hundreds of genotypes, all with subtle and sometimes great genetic variation, both in the morphology and the chemical composition of the essential oil. English lavender (*Lavandula angustifolia*) is the most widely grown lavender and is often erroneously sold in the trade as *L. vera* or *L. officinalis*

Culture: Lavender prefers a sunny location and light, dry, well-drained soil. It is an ideal plant for a large rock garden. To plant in the traditional way, select a sunny, well drained site that affords protection from winter winds. Unless you're in a frost free climate, stick with lavenders and lavandins which winter well unless they are abused with poor drainage or frost heave. Lavenders can be started from seed but it is far easier to buy plants or do cuttings. Some cultivars, such as Lavender Lady and Munstead can be grown efficiently from seeds, germinated at about 21C, with emergence in 15-25 days. Moist prechilling for 1 to several weeks, considerably increased speed of germination. Plants produced from seeds are often variable and may not reproduce the distinctive characteristics of the cultivar, while cuttings have the advantage of propagating desired traits well.

Lavandins can only be grown from cuttings. The best time for cuttings is from August to November when the stems are semihardened, but have not been subjected to a freeze. A mix of one part coarse perlite to one

part sterilized, baked clay frit (kitty litter) is a recommended medium (not the clumping kind). Place cuttings in 50% shade. Do not cover or mist them as this will encourage rot. The leaves should not come in contact with the root medium. Spring plantings of older plants are best to allow for safe overwintering. When ready to plant, work in some sand and compost. Heavy clay is not suitable for lavenders. Add about one cup of dolomitic lime per plant. Space lavender plants about one foot apart, allowing more room for the larger lavandins. Keep the plants well watered until new growth resumes. Prune the seedheads after flowering and shape the plants slightly if desired. Prune lightly in the fall as well. In areas where there is no deep snow cover, protect the plants from frost heave by mulching with evergreen branches after winter sets in. Never use leaves or straw as mulch because they mat down and can cause rot. Prune harder in the spring, cutting out any dead wood.

To mound plant (longer life span and more time consuming) loosen the existing soil then make a soil mix of one part native soil, one part sand and one part compost. Then mix in a third as much pea gravel, or mixed rock about ½" in diameter. Pour this mix onto the site and shape it into a mound from 8 to 18" high, using higher mounds in wetter areas. Taper the edges of the mound to meet the soil level. Make a cone of the soil mix (without the gravel) and spread the roots of the plant over the cone, covering them with the mix. Water thoroughly (use seaweed solution to reduce transplanting shock). You can add two cups of granite dust, which sweetens the soil and provides a high mineral fertilizer. Then topdress the entire mound with 2 inches of white sand (no beach sand because of the salt). Reflects light which mimics lavender's natural habitat of the Mediterranean.

Typical productive life of English lavender is ten years, and five to six years for lavandin. An acre of lavender turns out between 300 and 1800 pounds of dried flowers per acre (12-15 lb of essential oil), while lavandin yields 3500-4500 per acre (53-67 lbs of oil).

Harvest the buds just as the flowers are about to open. Dry in a well ventilated space with subdued light. Creating high quality lavender oils depends on a wide range of variables, including the stage of blossoming, harvesting at the right time of day, weather conditions, and methods of harvest and storage. Flowers for oil production are harvested when at about 50% blooming. The harvest takes place on dry, warm, sunny days. Cold or rainy weather can hamper the development of esters in the essential oil.

History: Lavender has scented washing water and baths since the Romans named it after *lavare* "to wash". The *Lavandula vera* plant is known as "el khzama" in Morocco, where the dried flowers are an important ingredient in a herb and spice mixture known literally as "top of the shop." Ancient Egyptians created mummification casts that would last indefinitely by soaking linen in oil of lavender containing asphalt, wrapping the bodies with these and drying them in the sun until the casts were hard. The color lavender is named for the flower. In the Victorian language of flowers, lavender signifies distrust. In North Africa, lavender is used to protect the Kabyle women from being mistreated by their husbands.

Actions: analgesic, anticonvulsive, antidepressant, antimicrobial, antirheumatic, antiseptic, antispasmodic, antitoxic, carminative, cholagogue, choloretic, cicatrizant, cordial, cytophylactic, deodorant, diuretic, emmenagogue, hypotensive, insecticide, nervine, parasiticide, rubefacient, sedative, stimulant, sudorific, tonic, vermifuge, vulnerary

Constituents: Over 100. Lavender has 0.5-1/5% volatile oil, tannins, coumarins (including coumarin, umbelliferone and herniarin), flavonoids (such as luteolin), and (in the leaves) about 0.7% ursolic acid. The essential oil has linalyl acetate (8-18% in English lavender, 30-60% in French lavender), linalool, 1,8-cineole, camphor, ? pinene, geraniol and its esters, lavandulol, nerol, cineole, caryophyllene, limonene, furfural, ethyl amyl

ketone, thujone, and pinocamphone. Linalool has the distinct smell of lavender. The sweetly floral English lavender has little camphor compared to other lavenders, which accordingly have a medicinal or detergent-like smell. High altitudes generally produce more esters.

Medicinal Uses: In the past, lavender has been used as a folk remedy for numerous conditions, including acne, cancer, colic, faintness, flatulence, giddiness, migraine, nausea, neuralgia, nervous headache, nervous palpitations, poor appetite, pimples, rheumatism, sores, spasms, sprains, toothache, vomiting and worms. Lavender salts have been employed for centuries as a stimulant to prevent fainting; lavender oil vapor is traditionally inhaled to prevent vertigo and fainting. A compound tincture of lavender (also known as Palsy Drops) was officially recognized by the British Pharmacopoeia for over 200 years, until the 1940s. Used to relieve muscle spasms, nervousness, and headaches, it originally contained over 30 ingredients. Tests show that lavender's essential oil is a potent ally in destroying a wide range of bacterial infections, including staph, strep, pneumonia, and most flu viruses. It is also strongly anti-fungal. A lavender-flower douche is an effective treatment for vaginal infections, especially candida-type yeast infections. Lavender ointments are rubbed into burns, bruises, varicose veins, and other skin injuries. The straight oil is dabbed on stops the itching of insect bites.

Hangover Remedy: 1 egg, 2-3 drops light soy sauce, pinch lavender flowers. Break the egg into a glass and whisk until froth. Add the soy sauce, then crush the lavender flowers in a pestle and mortar and add to the mixture. Liquidize, pour back into the glass and sip slowly. Then lie on the floor and do some deep breathing exercises from your diaphragm. Rest for 1 hour—you're bound to feel better.

Palsy Drops: 1 oz each lavender, rosemary, cinnamon; ½ each nutmeg and red sandalwood;

16 ounces brandy. Combine ingredients and let sit for 7 days, then strain.

French Lavender Sleep Cocktail:

60 fresh lavender leaves
4 oz glass jar with screw-top
4 oz vodka
5 inch square cheese cloth
4 oz amber glass bottle with screw-top
1 ½ oz distilled water

In the glass jar, combine the lavender and vodka. Set aside in a cool, dark place for 2 weeks to extract the healing essences from the lavender leaves. Agitate the jar once a day. Place the cheese cloth in a fine-gauge sieve. Strain the tincture into the amber glass bottle. Discard the spent herb. In a small drinking glass, combine a half oz of tincture and an ounce and a half of distilled water. Stir. Drink just before you retire. Repeat until your normal sleep pattern returns.

HEADACHE SACHET

equal parts lavender and cloves
Enclose in a muslin bag and inhale the vapors when a headache begins. (The Herb Basket, 141 Main St., Landisville, PA 17538; 717-898-6334)

SINUS SNIFFING JAR

Equal parts Lavender, peppermint and eucalyptus
few drops of each essential oil. Pack in a small glass jar. Open and inhale the vapors to clear a stuffy head. (The Herb Basket, 141 Main St., Landisville, PA 17538; 717-898-6334)

Lavender Sleep Pillow

To enhance your sleep and dreams, make small pillow and place inside your pillow case. Or to relax, lie down and place bag over your eyes, breathe deep. (Lunar Farms Herbals – 1-800-687-1052;

<http://www.herbworld.com/lunarfarms>)

2 cups lavender
1 cup roses
1 cup hops
½ cup rosemary
½ cup lemon balm

1/3 cup thyme

Lavender - is relaxing, can relieve stress, soothing & is known to enhance your dreams

Roses - enhances romance & is relaxing

Hops - has been known to encourage relaxing, pleasant dreams

Rosemary - in folklore it has been used to insure sleep & prevent bad dreams

Lemon Balm - has been used for anxiety, insomnia & nervous tension

Thyme - for centuries it has been used to insure restful sleep and prevent nightmares

Aromatherapy:

EXTRACTION METHODS: essential oil by steam distillation from the fresh flowering tops. An absolute and concrete are also produced by solvent extraction.

CHARACTERISTICS: Colorless to pale yellow liquid with a sweet, floral-herbaceous scent and balsamic-woody undertone.

DOSHA EFFECT: P K-

TASTE: pungent

ENERGY: slightly cooling/neutral

BLENDS WITH: most oils especially citrus and florals, also bay, bergamot, cedarwood, chamomile, citronella, clove, clary sage, geranium, jasmine, lemon, mandarin, nutmeg, orange, pine, labdanum, oakmoss, vetiver, patchouli, thyme, rosemary

USES: Well known for its nervine-sedative properties and is useful to alleviate stress. It is helpful in the treatment of all types of pain. Headaches respond well to the application of lavender by rubbing a drop on the temples or placing a compress on the forehead or back of the neck. For muscular pain and rheumatism, it's useful in a massage or bath oil. It will help lower blood pressure and has a stimulating effect for someone with a weak heart, fatigue upon exertion and cold extremities. Because of its low toxicity it is considered one of the safest essential oils to use with children. The essential oil most commonly associated with burns and healing of the skin. Its antiseptic and analgesic properties will ease the pain of a burn and prevent infection as well as promoting rapid healing and reducing scarring. It can be used for the treatment of dermatitis, eczema,

psoriasis and acne. Also useful for the treatment of sunburn and insect bites.

NOTE: middle

BLENDS:

Refreshing Bath: 5 drops lavender; 4 drops peppermint; 3 drops grapefruit; 3 drops lemongrass in 1 tsp carrier oil

PMS: 7 drops chamomile; 7 drops geranium; 7 drops lavender; 5 drops rosewood; 4 drops clary sage; 1 Tbsp borage oil; 1 Tbsp jojoba oil. Massage the blend into the lower back at least once a day before the onset of symptoms

Jet Lag Formula

Lavender oil: 10 drops

Grapefruit oil: 7 drops

Peppermint oil: 4 drops

Ginger oil: 4 drops

Blend the oils. When traveling by air, place on the air vent above your seat. Add 10 drops to a base oil and apply to ear lobes, base of neck and inside of wrists while in the air. It is important to drink at least two 8 oz. glasses of water hourly while traveling. (Australasian College of Herbal Studies)

Cosmetic Use:

Lavender Velvet Cream

Great daily foot treatment

1/2 cup (120 ml) all-vegetable shortening

1 teaspoon (5 ml) beeswax

3 tablespoons (45 ml) distilled water, rose water, German chamomile tea, or lavender tea

1 teaspoon (5 ml) borax

15 drops lavender essential oil

15 drops rose or geranium essential oil

5 drops spearmint essential oil (optional, but adds a nice, mild, minty note. Yield: approximately 3/4 cup (180 ml)

In a small saucepan, heat the shortening and beeswax over very low heat until just melted. Remove saucepan from heat. In another small saucepan, warm the distilled water, rose water, or tea and dissolve the borax in it; then remove saucepan from heat. When both mixtures have cooled to approximately the same temperature, set the wax/shortening pan into a bowl of ice cubes and add the essential oils. Drizzle the

liquid into it, stirring rapidly with a small whisk or spoon. The cream should set up fairly quickly and look and feel like fluffy cake icing.

To use: Slather it thickly onto clean feet, put on socks and go to bed. Awaken to "feet of velvet." This product can be used wherever you have dry skin: hands, elbows, knees, or even as a cuticle conditioner. It sinks in amazingly fast, is non-greasy if you don't use too much, and makes your skin super soft. Store in an attractive container away from heat or light. No need to refrigerate unless weather is hot. Will last approximately one year if you do choose to chill it or up to three to four months at room temperature. (Natural Foot Care)

Lavender Cream for Acne

50 tsp sweet almond oil
13 tsp white wax
39 tsp distilled water
1 tsp lavender oil
¼ tsp aspic

Mix the ingredients together slowly, one at a time, in a double boiler or similar container over a low heat. When cool, pot up and label. (The Herbal Health & Beauty Book)

Lavender Barrier Cream

¼ oz beeswax pieces
1 oz cocoa butter
4 Tbsp almond oil
1 Tbsp castor oil
15 drops lavender oil

This waterproof hand cream protects the hands from abuse and should be used before chores. Put the beeswax pieces and cocoa butter in a heatproof bowl and place in a saucepan half-filled with water. Gently heat until the beeswax and cocoa butter have melted together. Remove from the heat and stir in the almond oil and castor oil. Allow to cool and beat in the lavender essential oil. Pour the mixture into tubs or shallow screw-top jars and rub into the hands whenever a protective barrier cream is needed. (Illustrated Natural Beauty)

STARDUST BODY POWDER...

This powder leaves your skin feeling silky smooth and a bit sparkly with the addition of a fine "fairy or angel dust" powder.

1 Cup White Clay
½ Cup Baking Soda
½ Cup Arrowroot Powder
½ Cup Powdered herbs:
Lavender/Roses/Thyme
¼ Cup Slippery Elm powder
40 drops of Palmarosa Essential Oil
A pinch of Fairy Dust!

Mix all ingredients together and store in a moisture proof container, preferably a powder cylinder. It smells good, feels good, and looks great! (Jean's Greens, 119 Sulphur Springs Rd., Newport, NY 13416; 888-845-8327)

Flower Essence: Helps those souls who are highly absorbent of spiritual influences. For those highly awake and mentally active that often absorb more energy than can be actually processed through the body. Those that suffer from afflictions to the head like headaches, vision problems and neck and shoulder tension.

Ritual Uses: Gender: Hot; Planet: Mercury; Element: air; Basic Powers: love, protection, purification. Lavender is burned during childbirth and labor as an herb of peace and tranquility. The joyful scent of lavender is welcome at baby blessing rituals. It is strewn into bonfires at Midsummer as an offering to the Gods and Goddesses. An ingredient of love spells, its scent is said to attract men. Lavender in the home brings peace, joy, and healing. At one time lavender was carried with rosemary to preserve chastity. Carry the herb to see ghosts.

Crafting:

Lavender Wands

19 fresh lavender stalks, cut as long as possible
4 feet of ¼" ribbon

Strip leaves from lavender stalks. Tie stalks together just below heads. Holding flower heads in your fist, bend stems down from the point where they are tied back over flower heads. Secure stalks temporarily with a rubber band. Stalks should be evenly spaced

and form a little cage around flowers. With ribbon at top of cage, drop one end of ribbon through cage and let it hang. Take the other end of ribbon and, starting at the top of cage, weave ribbon in and out through stalks until flowers are completely enclosed. Remove rubber band. Wrap ribbon around stems several times and then, using both ends of ribbon, tie a knot and a bow. Trim ends of the ribbon and stalks to even lengths. (Growing and Using Herbs in the Midwest)

Culinary Uses: Lavender blooms are highly aromatic and taste much like they smell: perfumey, vaguely oily, with the heavy muskiness of lavender and a hint of lemon. Generally, the varieties with darker flower buds are more attractive and flavorful. Use blossoms sparingly.

Recipes:

Leek Quiche with Thyme and Lavender

One 9-inch pie shell, unbaked, store-bought or homemade

1 ¼ cups grated Gruyere, Emmenthaler, or low-fat Swiss cheese

2 Tbsp butter

1 Tbsp canola oil

2 medium leeks or a quantity sufficient to yield

2 ½ cups when the cleaned white portions are cut into ½-inch sections

2 Tbsp fresh thyme leaves

½ cup dry white wine

2 large eggs, lightly beaten or ½ cup egg substitute

1 cup heavy cream or evaporated skim milk

1 Tbsp lavender flowers

½ tsp salt

½ tsp ground black pepper

1/8 tsp grated nutmeg

1/8 tsp ground cayenne

Heat oven to 350°F. Line the pastry shell with parchment paper and put in ½-inch or so of pie weights or dried beans. Bake for 15 minutes; remove weights and parchment, reduce heat to 325°F, and bake for about 8 minutes more, or until the bottom is dry. Sprinkle ¼ cup grated cheese over the bottom

of the crust and bake for about 5 minutes, or until the cheese is melted. Remove and cool.

In a large skillet, heat the butter and oil over medium-high heat until foaming subsides. Add the leeks and cook, stirring, for about 5 minutes, or until it is fragrant. Stir in the wine, reduce heat to medium, and cook, stirring for about 3 minutes, or until all liquid is gone. Set aside and cool to room temperature.

In a large bowl combine the eggs or egg substitute, cream or evaporated milk, lavender, 1 cup grated cheese, salt, black pepper, nutmeg and cayenne. Stir in the cooled leek mixture pour into the crust and bake at 350F for about 35 minutes, or until the top is just set. Serve warm or cold. 6 servings. (The Herbal Palate)

Peach and Lavender Tart

One 9-inch pastry shell, store-bought or homemade

2 lb peaches, split, pitted, and cut in ¼ inch slices

4 Tbsp lemon juice

1/3 cup sugar

1 Tbsp lavender flowers, gently crushed

2/3 cup blanched almonds

1 large egg, or ¼ cup fat-free egg substitute

2 Tbsp butter

Heat oven to 350°F. Line the pastry shell with parchment paper and put in at least ½ inch of pie weights or dry beans. Bake the shell for 15 minutes, then remove the parchment and weights, reduce heat to 325°F, and bake for 8 minutes or just until the bottom is dry. Set aside to cool. In a large bowl, combine peaches, lemon juice, 2 tablespoons sugar and lavender. Toss and let stand for at least 1 hour. Put the almonds in a small baking dish and toast in the oven for about 8 minutes, or until golden. Break up the almonds in a food processor, then add the remaining sugar, egg or egg substitute, and butter; process until blended but chunky. Spread the almond mixture over the bottom of the pastry shell. When the peaches have given up about ¼ cup of juice, drain them well, reserving the juice. Spread half the peaches over the almond mix, then arrange the remaining half in a spiral pattern on top. Bake the tart at 325°F for 50 minutes,

lightly brushing the top with the reserved juice three times during the baking. To keep the crust from becoming too brown, cover the rim with aluminum foil until the last 15 minutes of baking. Cool and serve. (The Herbal Palate)

Saffron Fettuccine With Fresh Lavender and Lemon

Fettuccine:

3 cups all-purpose flour
4 large eggs
1 ½ tsp powdered saffron
½ tsp salt
3 Tbsp olive oil

Lemon-Lavender Sauce:

1 ½ cups dry white wine
2 shallots, minced
20 sprigs of fresh lavender
1 cup heavy cream
juice of 1 lemon, or to taste
salt to taste
½ cup unsalted butter, cut into pieces
rind of one lemon, cut into very fine julienne strips

To make the fettuccine: mound the flour on a work surface and make a well in the center. In a small bowl, whisk together the eggs and saffron. Pour the egg mixture into the well along with the salt and olive oil and gradually work in the flour until a dough is formed. Knead the dough until smooth and elastic. Transfer the dough to an oiled bowl, cover with a towel, and let rest 15 minutes. Quarter the dough and, while working with one piece at a time, knead and roll the dough on a pasta machine to the lowest setting. With the fettuccine attachment, cut the dough into strands and transfer to a lightly floured baking sheet.

To make the Sauce: in a small saucepan set over moderate heat, combine the white wine, shallots, and 12 of the lavender sprigs. Reduce the mixture to 2/3 cup. Add heavy cream and again reduce to 2/3 cup. Strain the sauce into another saucepan and add the lemon juice and salt to taste. Bring to a simmer over low heat and whisk in the butter, a little at a time until butter is completely incorporated.

Keep warm. In a large saucepan of boiling salted water, cook the fettuccine until al dente, about 5 minutes. Drain and transfer to a large bowl. Add the sauce and lemon rind and toss to combine. Garnish with the remaining lavender. (Victoria Magazine)

Lavender Aioli

1 c olive oil
4 to 6 cloves of garlic crushed
2 fresh lavender sprigs, leaves and flower, bruised
3 eggs room temperature
1 T fresh squeezed lemon juice

Gently heat oil with garlic and lavender over low heat for about 15 minutes. Remove from heat just before oil starts to bubble. Allow to cool to room temperature. With a sieve over a small bowl, strain lavender oil, pressing with a spoon to extract soft solids from the garlic and lavender. Discard herbs. In food processor process egg and lemon juice till well blended. With the motor running add oil a few drops at a time, then in a thick steady stream until all the oil is absorbed and mixture has thickened. Season to taste with salt.

Makes about 1 and 1/2 cups.

White Asparagus, Crabmeat and Lavender Salad

1 lb white or green asparagus, peeled, trimmed and cut into 2-inch lengths
8 small cooked artichoke hearts, halved
1 lb fresh lump crabmeat
½ small red onion, minced

DRESSING:

3 Tbsp fresh orange juice
1 Tbsp unseasoned rice vinegar or white wine vinegar
a pinch of sugar
salt to taste
2 Tbsp extra-virgin olive oil
1 Tbsp minced fresh lavender flowers
mixed salad greens to taste
minced fresh chives, Johnny-jump-ups or violets and the tops of fresh lavender flowers, for garnish

In a saucepan of boiling salted water, cook the asparagus for 4-5 minutes or until just

tender. Drain and refresh. Pat dry. Chill the artichoke hearts, crabmeat and onion. To make the dressing: in a bowl, whisk together the orange juice, vinegar, sugar and salt and pepper to taste. Add the olive oil in a stream, whisking, and stir in the lavender flowers.

To serve: Arrange the greens on a serving platter. In a bowl, combine the crabmeat with a little of the dressing and spoon it onto the greens. Add the asparagus and artichoke hearts, then sprinkle with the onion. Drizzle with the dressing. Garnish with the chives, violets and lavender flowers. (Victoria Magazine)

Baked Apple Slices with Lavender Cream

3 Tbsp unsalted butter or margarine, cut into thin slices

¼ cup firmly packed light brown sugar

¾ cup light ricotta cheese

¼ cup skim milk

1 Tbsp fresh or dried lavender flowers

3 Tbsp honey

Preheat the oven to 375°F and butter four 6-oz ramekins. Arrange the apple slices in the ramekins. Lay the butter slices evenly over the apples and sprinkle with the brown sugar. Bake for 20 minutes. While the apples are baking, combine the remaining ingredients in a food processor or blender and process until smooth. After the apples have baked, turn the oven up to 500°F. Pour the creamed mixture over the apples and bake for another 10 minutes. Serve warm. (Recipes from an American Herb Garden)

Raspberries with Lavender Cream

½ cup whipping cream

½ cup milk

2 tablespoons light honey

3 tablespoons sugar

pinch salt

5 lavender spikes, 2½ to 3 inches long

2 extra-large egg yolks

½ cup shipping cream, stiffly whipped

about 2 pints fresh berries, picked over, then rinsed just before serving

In a double boiler over very hot water, combine the cream, milk, honey, sugar, salt,

and lavender blossoms. Cook over simmering water for 10 minutes stirring occasionally.

Beat the yolks in a small bowl. Pour about ½ cup of the lavender cream mixture over the yolks and whisk well. Return the cream and yolk mixture to the double boiler and mix well. Cook over just-simmering water for 10 minutes, stirring, until the mixture thickens. Remove from heat and strain the custard cream through a sieve into a stainless steel bowl. Discard the lavender.

Let the custard cream cool to room temperature with a piece of waxed paper covering the bowl, then chill. Or to cool it more quickly, place the bowl of custard cream in a larger bowl filled with ice, and stir occasionally until cooled, then chill. The cream will thicken a bit as it cools.

Remove the lavender cream from the refrigerator 10 or 15 minutes before serving. Fold in the freshly whipped cream. Spoon a little lavender cream onto each dessert plate and arrange the berries on top. Serve immediately. (Flowers in the Kitchen)

Fennel Tuna with Lavender

1 large can of tuna, packed in water

½ cup plain, low-fat yogurt

½ tsp fennel seeds, crushed

1/8 tsp dried lavender flowers

½ tsp Dijon-style mustard

Drain tuna in a strainer and rinse with cold water. Place tuna in a flat broiler-proof dish, breaking it up as you do. Combine remaining ingredients and spread over tuna. Place in a 350°F oven for 10 minutes. Stir tuna to mix yogurt sauce into it; baked an additional 8-10 minutes. Serve hot or cold. (Sage Cottage Herb Garden Cookbook)

Lavender Lamb

1 boneless leg of lamb

1 cup milk

juice of ½ lemon

8-10 lavender flower heads

8 basil leaves

freshly ground pepper

Wash the lamb and score or prick it approximately every inch. Place in a large

cooking bag. Add the other ingredients to the bag. Add the other ingredients to the bag. Secure bag tightly. Marinate 4-6 hours, turning the bag hourly. To bake, place the entire bag in a large pan which is at least 2 inches deep. Slit the top side of the bag about 4 times to let steam escape. Bake at 325°F for approximately 30 minutes per lb. Use a meat thermometer to monitor, and cook until the lamb is 165°F. Do not overcook. When the meat is done, make the marinade into gravy. Gravy: Pour the marinade into a frying pan and heat. Mix 1 tablespoon flour in ½ cup cold water. When smooth, stir into hot marinade and simmer until thick. (Cooking with Lavender)

Lavender Shortbread

1 ½ cups butter, at room temperature
2/3 cup sugar
2 Tbsp finely chopped lavender florets
1 Tbsp chopped fresh mint
2 1/3 cups flour
½ cup cornstarch
¼ tsp salt

Garnish: lavender powdered sugar: put a few lavender flowers in a sealed jar with powdered sugar for a day before using sugar.

Preheat oven to 325°F cover bottoms of two baking sheets with parchment or brown paper. In a large bowl, cream together the butter, sugar, lavender, and mint with an electric mixer. Mix until light and fluffy, about 3 minutes. Add flour, cornstarch, and salt and beat until incorporated. Divide dough in half. Flatten into squares and wrap in plastic. Chill until firm.

On a floured board, roll or pat out each square to a thickness of ½ inch. Cut the dough into 1 ½ inch squares or rounds. Transfer to baking sheets, spacing cookies about 1 inch apart. Prick each cookie several times with the tines of a fork. Bake 20 to 25 minutes until pale golden (do not brown). Cool slightly, then transfer to a rack. Sprinkle with lavender powdered sugar. Store in tin cookie boxes or sealed containers. (More Recipes from a Kitchen Garden)

Grilled Salmon with Lavender Butter Sauce

SAUCE

1 cup unsalted butter, cut into small pieces
1/3 cup minced shallots
¼ cup dry white wine
¼ cup champagne vinegar
¼ cup fish stock or 2 Tbsp each clam juice and water
2-4 lavender flower heads, chopped
salt and white pepper to taste

4 salmon fillets, about 6 oz each
olive oil

In a saucepan, melt 1 tablespoon of the butter over low heat. Add the shallots and sweat until soft. Add the wine, vinegar, stock, and half the lavender. Raise heat to high, and cook until liquid is reduced to 2 or 3 tablespoons. Remove from the heat and whisk in the remaining butter bit by bit. Strain the sauce through a fine sieve; add the remaining lavender. Season to taste with salt and pepper. Keep warm.

Prepare a fire in the grill. When the coals are covered with a fine white ash the fire is ready. Rub the salmon fillets with a little olive oil and place on the grill. Cook, basting occasionally with olive oil, approximately 3-5 minutes per side. The fish should be firm but not dry. Serve with the sauce on the side. (Cooking with Herbs)

Coconut Milk Chicken Soup

2 ½ cups unsweetened coconut milk
6 cups chicken broth
one 3-inch piece fresh galangal, peeled and thinly sliced or 12 dried slices
8 fresh or dried Thai lime leaves or 1 tsp grated lime zest
3 fresh lemongrass stalks, cut into 2-inch pieces or 2 tsp chopped dried lemongrass
3 lb skinless boneless chicken breasts, trimmed and cut into 1-inch cubes
¾ cup fresh lime juice
3 Tbsp Asian fish sauce
2 small fresh Thai or other hot chili peppers, seeded and thinly sliced
1 tsp dried lavender flowers

1 tsp Tellicherry peppercorns, cracked
1 tsp pink peppercorns cracked
½ tsp green peppercorns, cracked

Pour the coconut milk into a food processor and blend until very smooth. Pour into a saucepan and add the broth, galangal, lime leaves and lemon grass. Simmer, partially covered, for 30 minutes. Stir in the chicken, lime juice, fish sauce, chilies, lavender flowers, and peppercorns and simmer for 5 minutes, or until the chicken is cooked through. Remove the lemongrass. Garnish with the mint leaves and serve. (Adriana's Spice Caravan)

Lavender Pound Cake

2 cups unsalted butter
2 cups all-purpose flour
2 cups *lavender sugar (see recipe below)
6 eggs
2 tablespoons vanilla

Add all the ingredients together and beat for 10 minutes. Pour into bundt pan that has been greased, floured and lined with lavender flower buds. Place in an unheated oven. Turn oven heat to 300 degrees and bake for 1 1/2 hours. Do not open the oven door for the first hour. Glaze with 2 tablespoons melted butter, 2 cup confectioners sugar, 1 tablespoon lavender tea and 1 tablespoon vanilla.

Lavender Sugar

1 cup sugar
1 tablespoon dried lavender flowers, organic
Store in a closed container. Use to flavor tea, cakes, cookies, cereals, fruits and puddings.
(From Church Hill Herbs,

Aspi

3 Tbsp lavender flowers
1 bottle of dry white wine
1 Tbsp granulated sugar
½ glass of brandy

Steep the flowers in the wine for 24 hours. Make a syrup by simmering the sugar with 6 tbsp of water for 10 minutes. When it is cool add tot eh strained wine with the brandy.
(The Complete Book of Herbs and Spices)

Steamed Lavender Chicken or Rabbit

sprigs flowering lavender
4 chicken or rabbit portions
2 tablespoons butter
1 tablespoon flour
salt and pepper.

Put a few sprigs of flowering lavender in the bottom of a steamer and place the chicken or rabbit portions in the top. Steam for 20-30 minutes, until the meat is just tender, it should still be nice and juicy. Keep warm. Melt the butter in a saucepan, stir in the flour and cook, stirring, for 2 minutes. Pour in enough of the lavender-flavored water from the steamer to give a sauce of the consistency you like, bring to the boil and simmer for 5 minutes. Season to taste. Slice the meat and serve, covered in pale lavender sauce. Decorate each portion with a sprig of flowering lavender. (Cooking with Flowers)

Lavender Blueberry Soup

4 quarts fresh or frozen blueberries
1 cup hearty red wine
3 cups water
12 ounces honey (or to taste)
4 ounces orange juice concentrate
2 ½ tablespoons dried lavender flowers
juice and rind of medium lemons
2 cinnamon sticks
1 teaspoon freshly ground black pepper
½ teaspoon ground cloves
1 teaspoon salt

Put all ingredients into a stock pot. Bring just to the boil, then reduce heat and simmer 10 minutes. Garnish with a dollop of creme fraiche and a sprinkling of fresh blueberries and lavender florets. Serve hot or cold. An excellent soup for a summer luncheon. Makes about 4 ½ quarts. (Edible Flowers From Garden to Palette)

Lavender and tomato jam

yield - 3 pints
3 lbs. ripe tomatoes - peeled, cored, and chopped
3 lbs. sugar
1/2 cup fresh lemon juice

6 sprigs fresh lavender with blossoms
Combine tomatoes, sugar, lemon juice, and lavender mix well. Bring to a boil. Stir. Reduce heat. Simmer until tomatoes break down - 1 to 1 1/2 hrs. Remove from heat. Skim off foam and discard lavender. Put into 1/2 pint canning jars with a fresh sprig of lavender. Seal and cool. Store in refrigerator up to 3 weeks. (from Margaret Kershey Rivera, 32 Justice Dr., Newtown, PA 18940; <http://www.erols.com/riveram>)

LAVENDER JELLY

2 1/4 Cups apple juice
1 Cup lavender flowers (1/2 cup dried)
3 1/2 Cups sugar
1/2 t butter
3 Oz. liquid pectin
Combine apple juice and lavender flowers and heat. Steep flowers 15 minutes, strain. Add 1 t butter to 2 cups of juice infusion, and follow pectin package directions. Makes about seven 4-ounce jars. (Willow Pond Herb Farm)

Lavender Martini

Make your martini with your favorite proportions. Use a small sprig of lavender as the garnish. The oil of lavender is quickly but subtly released by the alcohol, furnishing a new appetizing taste. (The Forgotten Art of Flower Cookery)

Lavender Liqueur

1 part chamomile flowers
3 parts lemon grass
1 part rose hips
1 part sugar
3 parts lemon balm
1 part lavender flowers
1 part hop flowers (optional)
Mix all ingredients together and slightly pack in glass jar. Fill jar with brandy just to cover herbs. Cover tightly with lid and set in dark cool place for 3 months. Strain and rebottle. (The Madison Herb Society Cookbook)

Wild Rice Dressing

Mix in a 1 1/2 quart casserole dish:
1/2 cup wild rice
1 cup white or brown rice
3 1/2 cups water
1 tablespoon butter
1 teaspoon dried lavender flowers
1 teaspoon dried basil
Cover and bake at 350 F. Do not let the rice dry out; add more water if needed.
Sauté in 1 tablespoon canola oil:
1 medium onion, chopped
1/2 green pepper
3 ribs celery, chopped
1/2 cup nuts, chopped
Mix this with the rice just before serving. (Cooking with Lavender)

Lavender Infusion

1/2 cup fresh lavender flowers or 3 Tbsp dried
3 cups distilled water
Bring water to boil and pour over the flowers; steep for 15-20 minutes. Strain and save in a non-reactive container (glass). Water should be boiled in a non-reactive pan (glass, enamel, stainless steel). Save infusion in refrigerator for up to 2 weeks.

Lavender Orange Marmalade

2 lbs oranges (Seville oranges are best if available)
2 lemons
8 cups of cold water
6 cups sugar
4 tablespoons fresh lavender buds
Slice the unpeeled, washed oranges and lemons in half crosswise. Then slice very thinly. Place the sliced fruit in a glass bowl with water. Cover. (tip: keep oranges submerged by using a dinner plate as a cover) Place sugar in a separate bowl and add the lavender buds, mix well. Allow both mixes to stand overnight (at least 12 hours). Next day: In saucepan, bring orange/water mixture to a boil, reduce heat and simmer 45 minutes or until rinds are just soft and mixture is reduced about half. Add lavender sugar to pan and slowly return to a boil to dissolve sugar. Continue to boil until

thickened and a jelling point is reached. 220 degrees on a candy thermometer or when mixture falls from a spoon in sheets. Ladle into hot, sterilized jars, seal and cool. Makes about 4 pints. (Country Potpourri & Flowers, 1234 N 55th West, Idaho Falls, ID 83402)

Lavender Scones

2/3 cup half and half (or milk)
2 Tbsp dried lavender
1 stick cold, unsalted butter
2 ½ cups all purpose flour
½ tsp salt
½ tsp dried lavender—chopped or ground into fine pieces
1 Tbsp baking powder
1 tsp grated lemon zest
¼ cup granulated sugar

In a small sauce pan, combine the half and half with the 2 tablespoons dried lavender. Bring mixture to a simmer. Remove from heat and allow to cool for 30 minutes. Strain out lavender and set liquid mixture aside. Preheat oven to 425°F. Slice the stick of butter into small pieces and set aside keeping chilled. Place flour, salt, ½ tsp dried lavender, baking powder and lemon zest into a medium bowl and mix well. Add butter and cut into the flour mixture using a pastry blender, two knives or your fingers. Continue to blend in the butter until you have a fine, crumbly mixture. Gently stir in sugar. Add liquid mixture and blend with a fork until dough forms. Remove the dough from the bowl and set on a lightly floured surface. Gently knead with the palm of your hand about 5 times. Divide dough in half and roll each half into a ball. Press each ball down to make a flat “pizza” shape, about ½ inch thick. Cut the circles into 8 wedges. Place wedges on cookie sheet and bake at 425°F for 10 minutes or until slightly browned. Remove and cool on wire rack. (The Herbal Connection Collection)

Chocolate Lavender Cake

4 eggs, separated
¼ tsp salt
8 oz semisweet chocolate, broken into 1-inch pieces

3 Tbsp Amaranone wine, brandy, or Marsala
8 Tbsp unsalted butter, cut into ½ inch pieces
2 Tbsp granulated sugar
1 tsp finely crushed dried lavender blossoms
½ cups sifted all-purpose flour
½ pint (1 cup) raspberries
1 tsp confectioners’ sugar

Preheat an oven to 375F. Butter and flour the bottom and sides of a 9-inch springform cake pan. In a small bowl, whisk the egg yolks until well blended. In a separate bowl, add the salt to the egg whites and, using an electric mixer, beat to form stiff peaks. In a medium saucepan over low heat, combine the chocolate, 2 tablespoons of the wine, butter, granulated sugar, and lavender. Heat, stirring constantly, until the chocolate is completely melted and the mixture is well blended. Remove from the heat and let cool for 30 seconds. Slowly pour in the egg yolks, whisking constantly until well blended. Add the flour in 3 batches, stirring until blended. The texture will not be smooth. Using a rubber spatula, fold the egg whites, in three batches, into the chocolate mixture. Pour the batter into the prepared cake pan. Bake until a knife inserted into the center comes out clean, about 25 minutes. The cake will have puffed up but will promptly fall upon removal from the oven. While the cake is cooking, combine the raspberries and the remaining wine and let stand. Let cool for about 10 minutes, then release the pan sides. Slide the cake onto a serving plate. Let cool completely. Using a slotted spoon, remove the berries from the wine and arrange them atop the cake. Sift the confectioners’ sugar over the top. (Herbes de Provence)

Lavender-Lemon-Blueberry Muffins

¼ cup lemon juice
1 cup milk
1 cup whole wheat flour
1 cup unbleached all-purpose flour
1 tsp baking powder
½ tsp baking soda
½ tsp salt
½ cup sugar
2 tsp fresh lavender blossoms, finely chopped

1 cup fresh or frozen blueberries
zest of one lemon, finely chopped
3 Tbsp canola or peanut oil
1 large egg

Preheat the oven to 375°F. Blend together the lemon juice and milk and let stand to curdle. In a large bowl, combine the flours, baking powder, baking soda, salt, sugar, lavender blossoms, blueberries, and lemon zest. Toss to make sure the blueberries are well coated with flour. In a separate bowl, mix the oil, egg and curdled milk. Add the liquid ingredients to the dry, stirring only until the dry ingredients are moistened. Work quickly and do not overmix. Spoon the batter into well-oiled or paper-lined muffin cups. Bake the muffins on the center rack of a 375°F oven for about 20 minutes or until a toothpick inserted into the center of a muffin comes out clean. (Bread Baking with Herbs)

Lavender Roasted Red Potatoes

1 tsp dried lavender
¼ tsp salt
¼ tsp cracked black pepper
1 lb small new red potatoes, halved
½ lb small white pearl onions, peeled
2 Tbsp olive oil

Heat oven to 400F. In a small bowl, combine lavender, salt and pepper. In a large bowl, toss potatoes and onions in the olive oil along with the lavender mixture. Place vegetables on a baking sheet and roast for 40-45 minutes, or until vegetables are tender and browned. Stir occasionally and loosen from baking sheet with a spatula. (The California Wine Country Herbs & Spices Cookbook)

Lavender Cookies

2 eggs
½ cup margarine
1 cup sugar
1 tsp lavender leaves
1 ½ cups flour
2 tsp baking powder
½ tsp salt

Preheat oven to 375F. Put eggs, margarine, sugar and lavender, in this order, into blender and run on low until well mixed.

Sift flour, baking powder, and salt into a mixing bowl, add other ingredients and stir until well blended. Drop a teaspoonful at a time, onto ungreased cookie sheet. Bake 10 minutes. (Never Enough Thyme with the Herbs)

Lavender-Orange Ice Cream

Blend until sugar is dissolved:
½ cup extra strength lavender infusion
½ cup honey
¼ cup sugar
Add:
2 cups fresh orange juice
2 cups whipping cream
1 Tbsp white wine

Beat 2 egg whites until stiff. Fold into the mixture. Pour the combined ingredients into a home ice cream freezer and follow the manufacturer's directions for freezing. (Cooking with Lavender)

LAVENDER ICE CREAM

©OZARK EXOTICA™ 1998---
Rt 3 Box 3500---Theodosia, Missouri 65761
For eight servings:

1¼ cups plus 2 Tbsp sugar
1 Tbsp plus 2 tsp dried lavender flowers
3 cups milk
3 Tbsp creme fraiche or heavy cream
1 whole vanilla bean, split lengthwise
6 egg yolks

In a small heavy saucepan, combine 2 Tbsp of the sugar, 1½ Tbsp dried lavender flowers, 1½ tsp of water. Cook over moderate heat, stirring constantly, until the sugar dissolves and the mixture forms a dry mass 2 to 3 minutes. Transfer to a plate to cool, then grind to a fine powder in a spice grinder; set aside. Powder can be held in the freezer for up to 3 weeks in an airtight container. In a large heavy saucepan, combine the milk, creme fraiche, vanilla bean, and the remaining 1¼ cups sugar and 1/2 tsp dried lavender flowers. Cook over moderate heat, stirring frequently, until the sugar dissolves and the mixture is hot, about 8 minutes. Remove from heat, cover and let steep for at least 15 minutes, strain the milk through a fine-mesh sieve and return to the

saucepan. In a large bowl, whisk the egg yolks until blended. Gradually whisk in 1/3 of the warm milk mixture in a thin stream, then whisk the mixture back into the remaining milk in the saucepan. Stir in the reserved lavender powder. Cook over moderate low heat, stirring constantly, until the custard lightly coats the back of a spoon, 5 to 7 minutes. DO NOT BOIL. Immediately remove from the heat and strain the custard into a medium bowl. {At this point this custard could be used hot or cold to cover fresh strawberries or fresh blueberries as a special desert !!!!! } Set the bowl in a larger bowl of ice and water and let cool to room temp temperature, stirring occasionally. Cover and refrigerate until cold. at least 2 hours or overnight. 6. Pour the custard into an ice cream maker and freeze according to the manufacture's instructions
 This frozen custard taste like lavender smells. It has become an instant favorite of ours to make for special people.

Lavender and Honey-roasted Butternut Squash

1 small butternut squash 1 ½ -2 lb
 4 Tbsp unsalted butter, cut into ½ inch cubes
 2 Tbsp honey
 1 tsp dried lavender
 1 tsp dried thyme
 ½ tsp salt
 ¼ tsp fresh ground black pepper

Preheat the oven to 400F. Peel the squash, halve lengthwise and scoop out the seeds. Cut the flesh into ½ inch cubes and spread in a single layer in a large roasting pan. Dot the squash with the cubed butter and drizzle with the honey. Sprinkle with the lavender, thyme, salt and pepper. Cover with foil and roast, stirring occasionally, until tender, about 30 minutes. Serve immediately or let cool to room temperature, cover, and refrigerate for up to 2 days. Reheat before serving. (White Dog Café Cookbook)

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Suppliers of lavender and lavender products:

Plants:

Companion Plants, 7247 No Coolville Ridge Rd., Athens, OH 45701; 740-592-4643;
www.companionplants.com plants
--Crimson Sage Nursery, PO Box 337, Colton, OR 97017; 503-824-4721; email: crimson@molalla.net;
website: <http://www.crimson-sage.com>
--Richters, Goodwood, ONT L0C 1A0 Canada; 905-640-6677; email: orderdesk@richters.com
website: www.richters.com

Essential Oil:

--Australasian College of Herbal Studies, PO Box 57, Lake Oswego, OR 97034; 800-48-STUDY; email: achs@herbed.com website: <http://www.herbed.com>

Dried lavender and other lavender products:

--Ozark Exotica™, Rt 3 Box 3500, Theodosia, MO 65761; 888-273-4949; email: ozarkexotica@unidial.com
--Willow Pond Farm, 145 Tract Rd., Fairfield, PA 17320; 717-642-6387 Herb jelly

--Lunar Farms, #3 Highland-Greenhill, Gilmer, TX 75644; 903-734-5893; email: spritsong1@aol.com website: <http://www.herbworld.com/lunarfarms> Dream pillows
--The Herb Basket, 141 Main St., Landisville, PA 17538; 717-898-6334

--Double "B" Herb Farm, 471 CR 598, Bryant, AL 35958; 256-597-2977 Luxurious, all vegetable, lavender soap. Our soap will make your skin feel silky and moisturized! 4.5 oz. bar, \$3.00 each (Wholesale available)

--Purple Haze Lavender, 180 Bell Bottom Rd., Sequim, WA 98382; 360-683-1714; email: purphaze@olypen.com website: <http://www.northolympic.com/purplehaze> A packet of herb recipes with packets of lavender and a lavender Herbs de Provence for \$5.50. (Wholesale available)

--Jean's Greens, 119 Sulphur Springs Rd., Newport, NY 13416; 888-845-8327